

Make Sense of Food Labels

2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans consume more calories than they need. Try to get fewer than 30 percent of your calories from fat.

3. Limit These Nutrients

- Fat
- Saturated fat
- Trans fat
- cholesterol
- Sodium
- Added Sugar

Eating too much of these nutrients can raise your risk of certain health problems, including heart disease, some cancers, and high blood pressure. A product with 5% or less daily value is considered “low” in that nutrient.

4. Get Enough of These Nutrients

- Fiber
- Vitamins (such as vitamin A, C and D)
- Minerals (such as calcium, iron and potassium)

Eating enough of these nutrients can improve your health and lower your risk of certain health problems. For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight, lower your cholesterol, and manage your blood sugar. A product with 20% or more daily value is considered “high” in that nutrient.

SIDE-BY-SIDE COMPARISON

Original Label		New Label	
Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8		Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per serving	
Calories 230	Calories from Fat 72	Calories 230	
% Daily Value*		% Daily Value*	
Total Fat 8g	12%	Total Fat 8g	10%
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 160mg	7%	Sodium 160mg	7%
Total Carbohydrate 37g	12%	Total Carbohydrate 37g	13%
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%
Sugars 12g		Total Sugars 12g	
Includes 10g Added Sugars		Includes 10g Added Sugars	20%
Protein 3g		Protein 3g	
Vitamin A	10%	Vitamin D 2mcg	10%
Vitamin C	8%	Calcium 260mg	20%
Calcium	20%	Iron 8mg	45%
Iron	45%	Potassium 235mg	6%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small>		<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

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5. Check the Ingredients List

The list of ingredients can also help you make good food choices. Look for products with a short list of “real food” ingredients that you recognize. This means the food is less processed.

SIDE-BY-SIDE COMPARISON

Original Label

New Label

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**
Dietary Fiber 4g **16%**
Sugars 12g

Protein 3g

Vitamin A 10%
Vitamin C 8%
Calcium 20%
Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g **10%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**
Dietary Fiber 4g **14%**
Total Sugars 12g
Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.